THE TACOMA NORTH WEST FACTS

FROM THE VOICE OF THE AFRICAN AMERICAN COMMUNITY

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VOL. 4 NO. 165 44 YEARS OF SERVICE APRIL 2, 2008

New Covenant Pentecostal Tabernacle

REVIVAL - REVIVAL - REVIVAL April 3rd – 4th- 5th

REVIVAL - REVIVAL - REVIVAL

Bishop Dave McElroy, Richmond, CA

April 3rd – 4th- 5th

Join Dr. Edna E. Travis and the New Covenant Pentecostal Tabernacle for 3 POWERFUL NIGHTS of Revival. Bishop McElroy is one God's choice preachers and has been blessed to memorize major portions of the bible. Come for a refreshing, come to be renewed, come and be blessed. Don't miss this event!!!

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2156 MLK Jr. Way Tacoma, WA 98405

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THOUSANDS TO MARCH IN MEMPHIS WITH SHARPTON

Event to mark 40-year observance of MLK Jr's assassination.

Reverend Al Sharpton and the National Action Network (NAN) will lead a historic "Recommitment March" to the Lorraine Motel, the site where Dr. King lost his life 40 years-ago on Friday, April 4th. Leading the march along with Reverend Sharpton will be Martin Luther King III and many other political, religious, and union leaders. The "Recommitment March" will serve as an opportunity for people to recommit themselves to fighting for the ideals that Dr. King envisioned 40-years ago. The march will bring thousands from across the country, young and old, to dedicate, and rededicate themselves to lead the fight for social justice for the next forty years. According to Rev. Sharpton: "Just as the children of Israel wandered in the wilderness for forty-years after Moses brought them across the Red Sea, Dr. King was our Moses, and forty years later, Martin Luther King, III, I, and many others will commit ourselves to making a better life and community." The "Recommitment March" will cap a number of important events in Memphis as Reverend Sharpton and National Action Network hosts the 10th annual convention NAN at the Peabody Memphis from April 2nd to April 5th.

The historic gathering will be an impressive who's who in civil rights, business, politics, labor, entertainment and the religious community.

Upcoming

THIS FRIDAY NIGHT

APRIL 4th 8:PM

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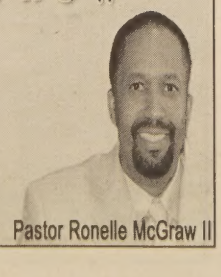
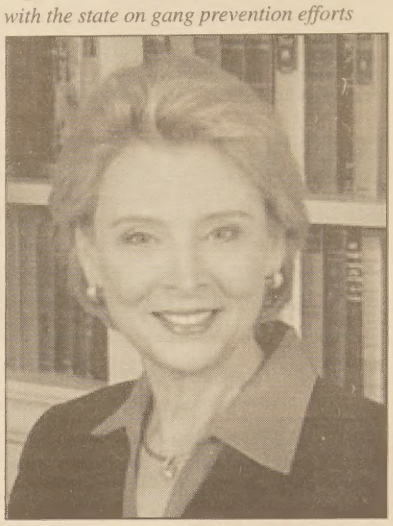


Pastor Ronelle McGraw II

Gov. Gregoire signs comprehensive gang legislation

Sheriffs, police chiefs to partner with the state on gang prevention efforts



Gov. Chris Gregoire

Signaling her commitment to fighting gang activity, Gov. Chris Gregoire today signed the criminal street gang measure, House Bill 2712. In addition, the governor and Washington Association of Sheriffs and Police Chiefs (WASPC) announced that community involvement in gang prevention and intervention program planning will be a required component of all grant applications for enforcement funds.

In expressing her appreciation to the law enforcement community and legislators for participating in a work group upon whose recommendations the bill was built, the governor said she wanted to do more.

"I am concerned specific prevention program language was not included in the final gang bill," Gregoire said. "I believe an effective response to–addressing criminal street gangs requires a prevention component."

The budget bill, which has yet to be signed into law, contains an appropriation to WASPC for grants to local communities for short-term strategies in enforcement and graffiti abatement. Budget language allows enough flexibility to include a prevention and intervention planning component to the grants.

The law enforcement association shares the governor's concerns and agreed to require that grants it funds must promote prevention activities.

"We share Gov. Gregoire's concern and we're eager to work with her to ensure that prevention programming is a part of our state's approach to combating the gang issue," said Don Pierce, WASPC executive director. "As the Work Group on Gang-Related Crime articulated, we can't arrest our way out of the gang issue facing some of our communities. Law enforcement officers know firsthand that we must prevent our youth from entering gangs in the first place." "I thank the sheriffs and police chiefs for joining me in making sure that prevention planning is part of our comprehensive approach to eliminating criminal street gangs," Gregoire said. The anti-gang bill is based on the recommendations of the work group that met last year. It convened community meetings across the state to develop a comprehensive plan to combat criminal street gangs. The group was composed of legislators from both parties, defense attorneys, prosecutors, juvenile justice advocates, criminal gang experts, police and sheriffs. "Gangs are on the rise in every corner of Washington state," said Rep. Chris Hurst, D-Enumclaw, who authored the bill and co-chaired the work group. "This law is how we fight back to prevent these gangs from terrorizing communities and to stop them from recruiting kids into this dead-end life." "In traveling across the state with the task force, it is clear that gang violence is erupting in every community across Washington. Gang violence is a corrosive crime that ruins neighborhoods and holds innocent citizens in fear," Rep. Charles Ross, R-Naches. "Today the state is laying the foundation of law that will help us combat gang violence for years to come. I thank the governor for her support and the city councils who have adopted local gang ordinances that helped bring forward the gang task force."

In addition to setting out community involvement and prevention efforts, the bill:

- Provides funding to WASPC to set up grant programs to fund local law enforcement activities and community graffiti and tagging abatement programs;
- Establishes a gang database to help law enforcement in tracking gang activity statewide. The bill provides greater protections than current federal law because it contains specific protocols for entering, retaining and purging information in the database to protect individual civil liberties;
- Creates a new category of crime to punish adults who involve juveniles in a felony offense, and makes any crime that is committed for the benefit of a criminal street gang subject to a sentencing enhancement. It also imposes a term of community custody upon release from incarceration for any gang member who commits a crime involving a firearm;
- Creates a category of crime that targets criminal street gang tagging and graffiti. It allows property owners to recover civil penalties and costs from an offender who caused physical damage to their property;
- Allows the Department of Community Trade and Economic Development to establish a witness assistance program in criminal street gang trials; and
- Directs the Department of Corrections to study and establish best practices to reduce gang involvement and recruitment among offenders.

4-2-08

Happy 60th Birthday Sandra Rozier

On April 7, evangelist Sandra Rozier Will Celebrate Her 60th Birthday

Join Her Family & Friends
In Wishing Her Happy Birthday And Many More
" To God Be the Glory For All The Things He Has Done".

A Special Thanks To My Pastor and mentor, Dr. Edna E. Travis @ New Covenant Pentecostal Tabernacle and My mother Adrene Chapman

City Council seeks volunteer for Planning Commission

The City of Tacoma 's Planning Commission has one opening for residents in Council District No. 2 (northend, downtown and northeast). The position was vacated recently with the resignation of the incumbent commissioner. The prospective appointee will be expected to serve through the rest of the three-year term which ends Dec. 31, 2009.The Planning Commission advises the City Council on issues related to the City's Comprehensive Plan, neighborhood planning, land use and development regulations, transportation, capital facilities and other long- and short-range planning studies.The Planning Commission meets at 4 p.m. on the first and third Wednesdays of each month in the Council Chambers, first floor of the Tacoma Municipal Building , 747 Market St .To ensure eligibility for positions in Council Districts 2, citizens may obtain a map of Council Districts from the City Clerk's Office or view it at http://www.cityoftacoma.org/Page.aspx?nid=56.
Applications must be submitted to the Mayor's Office by Friday, April 18. To apply, contact Cindy Leingang, Mayor's Office, Room 1200, Municipal Building , 747 Market St. , (253) 591-5100 or download the application from the City's Web site at www.cityoftacoma.org/commissions.

Strategic plan focus of study session

The City Council is currently reviewing and updating its plan for the City. During the study session on April 1, City Council members are scheduled to discuss the strategic plan – specifically, they will be considering the outcomes they would like to adopt related to the three proposed strategic priorities: 1) a safe, clean and beautiful community; 2) a sustainable, capable and diverse economy; and 3) a reliably high performing, open and transparent government. These proposed outcomes include input collected from citizens over the last month. The Council will not take public comment during the noon study session in the Tacoma Municipal Building North, 733 Market St. , Room 16. Audio from the session will be broadcast live on TV Tacoma and on www.tvtacoma.com. On-demand audio archives are available on the Web within 24 hours of the meeting at www.tvtacoma.com.

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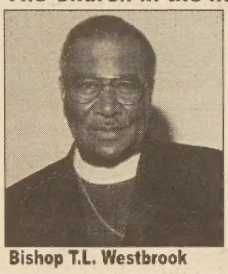

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Morning Worship	@11:00am
Evening Worship	@7:00pm

New Members	(Tuesday)	@ 7:00pm
Family Activities Night	(Wednesday)	@ 7:00pm
Pastoral Teaching / Preaching	(Friday)	@ 7:00am

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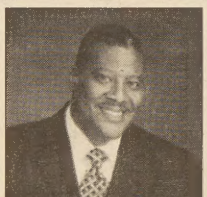

Reverend Dr. Leslie D. Braxton - Pastor

Worship Services:
Sunday Mornings at 8:30am and 11:00am
Church School Adults - 9:00 am & 10:30 am; Children 11:30 am
Lindbergh High School 16426 128th Avenue SE in Renton
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Church School 9:30 a.m.
Morning Service 11:00 a.m.
Children age 3-11 & Youth Church age 12-18
High Noon Service 12:00 p.m. (Wed. Only)
Bible Study (All Ages) & Worship Service (6:00 p.m.)
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Pastor: Dr. Freeman S. & Sis. Anna Rhoades

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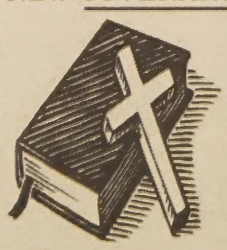
Church School: 9:30 A.M.
Mid-Week Services:
Wednesday Bible Study:
12:00 Noon & 6:30 p.m.
Prayer Meeting 7:30 p.m.

NEW COVENANT PENTECOSTAL TABERNACLE



Sunday	Prayer	8:00am
Sunday	School	9:15am
Sunday	Morning Worship	11:00am

Feeding Program Outreach 6:00 - 6:30pm Monday - Friday

Wed:	7:00pm	-	Midweek Service
Mon:	6:00pm	-	Weekly Prayer Night
Fri:	7:30pm	-	Youth Service Night

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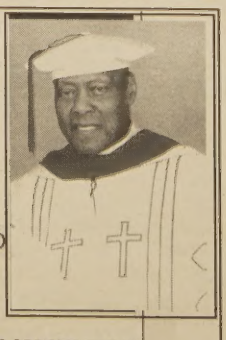

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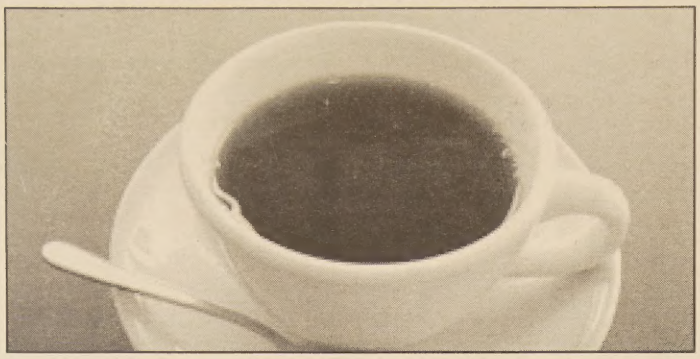
4 Reasons To Kick Your Coffee Habit



Are you the guy or gal that has to stop at Starbucks every morning to get that liquid rush? Would you just have the most terrible day if you were running late for work and had to skip it? If you are, than you make up an estimated 90% of Americans that need that fix everyday! Despite recent controversy about alleged benefits of drinking coffee, you may want to reconsider your position upon considering some not-so pleasant long term effects.Coffee contains nearly 200 chemicals. Many of these chemicals are oil based and therefore put an added stress on liver function. One chemical, caffeine has several different ill-effects on the body. Here are 4 reasons to kick your coffee habit:

REASON #1: In large amounts, caffeine can interfere with normal sleep patterns as well as become difficult for liver metabolism.

REASON #2: Caffeine in coffee consumed during mealtime, fools the stomach's ability to secrete the needed amount of Hydrochloric Acid. This reduced Hydrochloric Acid often times contributes to an Acid Reflux response.

REASON #3: Caffeine stimulates adrenaline, the "fight of flight hormone"; however once it wears off, you face fatigue and even mild depression. So then you have to take more and more to get the adrenaline going again. That's the typical addiction that you want to stop!

REASON #4: Although some studies have shown coffee may reduce your risk of developing breast cancer; coffee drinkers are also more likely to increase their risk of stomach cancer and leukemia.

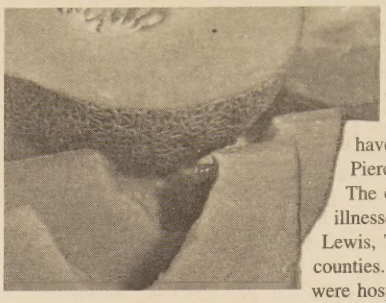
These are just a few of the known effects that coffee can have on the body, but understand that coffee, with its hundreds of chemicals, affects each person differently and it is still a drug - even if legal! Just like with any other drug, it is very addictive and as is the case with all other drugs, "the damage that drugs can do, will outweigh it's hoped for benefits"! Here are some suggestions if you are looking for that pick me up:

1) Drink More Water. Every morning when your feet hit the ground out of bed, drink an 8oz glass of cold water. Doing this first thing in the morning will help jumpstart every bodily function and elevate energy levels.

2) Get The Proper Rest. Make sure that most nights you are getting to sleep between the hours of 10 pm – 2am. When you get recuperative sleep at night, it will be much easier to arise well rested in the morning.

3) Find An Alternative. Find a suitable energy drink without caffeine that contains no added artificial flavorings, colorings or artificial sweeteners. There are many herbal based tonics that are safe to consumer regularly without adverse side effects

Cantaloupe causes national *Salmonella* outbreak, nine cases in Washington



Cantaloupe from Honduras has been implicated in dozens of illnesses across 16 states, including nine cases of salmonellosis in Washington. Cases in our state have been reported in King, Lewis, Pierce, Spokane and Thurston counties. The outbreak of *Salmonella* Litchfield illnesses has affected families in King, Lewis, Thurston, Pierce, and Spokane counties. Five of the nine Washington cases were hospitalized. There have been no deaths reported associated with the outbreak. The U.S. Food and Drug Administration (FDA) issued an import alert Saturday for Agropecuaria Montelibano brand cantaloupe. Agropecuaria Montelibano is a Honduran cantaloupe grower and packer. FDA is advising grocers, food service operators, and produce processors to remove from their stock any cantaloupes from the company. Consumers who have recently bought cantaloupes should check with the store to see if the fruit is this Honduran brand. If so, consumers should throw away the cantaloupes. Anyone that has cantaloupe under that brand name should not eat it; if it's not possible to identify the brand or determine if it came from Honduras, cantaloupe should be thrown away. It is thought that most melon contamination is on the rind and is transferred to the inside when a knife cuts through it. The state Department of Health recommends scrubbing the rinds of melons before cutting them up to eat. Rinse the rind with cool water and scrub the outside. Melon that has been cut-up should not be left at room temperature for more than two hours. Cantaloupe and other melons can grow bacteria on cut surfaces, so the cut melon should always be refrigerated and kept cool. *Salmonella* Litchfield can cause an illness known as salmonellosis. Symptoms include severe diarrhea, bloody diarrhea, fever, chills, abdominal discomfort, and occasionally vomiting. The symptoms generally appear one to three days after exposure. Salmonellosis can be very serious for the young or elderly. Anyone with serious symptoms should consult a health care provider. More information about salmonellosis (www.doh.wa.gov/EHSPHL/factsheet/salmonel.htm) is available on the state Department of Health Web site. The Food and Drug Administration Web site (www.fda.gov/bbs/topics/NEWS/2008/NEW01808.html) has specific information about the import alert and other food safety tips.

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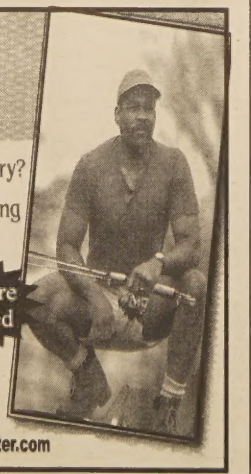

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Maya Angelou at 80 "Life is Still An Adventure"

It takes just seconds to leave behind this muted Harlem side street and enter the parlor of Maya Angelou's brownstone, a step as bright and quick as a black and white film dissolving into Technicolor.Plump sofas and armchairs in bursts of green and blue and red and yellow form a ring on spotless hardwood floors. Toward the rear, like a shy, well-dressed prodigy, a baby grand piano looks shined to stage perfection. By the piano, stained glass doors open to a red dining area centered by a mahogany table as big and round as the voice of Angelou herself.Still close to her youthful height of 6 feet, the author-poet-dancer-singer-activist is ready to celebrate her 80th birthday, feeling, she says, like she's 60, wearing a dark blouse and slacks, sipping apple juice, singing hymns, reciting Latin, whispering, laughing, crying, missing lost friends or planning to make new ones."I don't know how long I'm going to live, but I still see my life as an adventure," says Angelou, who divides her time between New York and a house in Winston-Salem, North Carolina.She has filled six volumes of memoirs with her wild, tragic, unstoppable story: growing up with segregation as a child and motherhood at 17; strip clubs and brothels to nightclubs and Broadway; the assassinations of her friends Malcolm X and the Rev. Martin Luther King Jr.; a classic memoir, Hallmark cards and the adoration of **>Oprah Winfrey.<**

Wealthy and famous beyond even her admittedly immodest dreams, she is no closer to settling down than she was decades ago. She is working on a new book, a collection of nonfiction pieces; travels the country giving speeches for which she earns thousands of dollars; and plans to spend part of the year studying at the Missouri-based Unity Church, which advocates healing through prayer "About three years ago, I was in Miami and my son (Guy) was having his 10th operation on his spine. I felt really done in by the work I was doing, people who had expected things of me," says Angelou, who then recalled a Unity church service she attended in Miami."The preacher came out _ a young black man, mostly a white church _ and he came out and said, 'I have only one question to ask, and that is, "Why have you decided to limit God?"' And I thought, 'That's exactly what I've been doing.' So then he asked me to speak, and I got up and said, 'Thank you, thank you, thank you, thank you, thank you, thank you.' And I said it about 50 times, until the audience began saying it with me, 'Thank you, THANK YOU!' "I got back in the car, when I was being driven back to the house I had taken, and I said, 'On my 80th birthday I will go into a kind of religious school and study.' I don't want to become a preacher, but I want to see if there's another way, a more direct way into the soul's search." She has written that when the road ahead is blocked, and the one behind cut off, then a new path must be created. Angelou's life does not follow a straight, flat line, but takes detour upon detour, an ascending circle that covers rich and poor, city and country, art and commerce, shock and sentiment, Malcolm X and the good people of Hallmark Cards, Inc."(When) I was about 12, I guess, I read the statement, 'I am a human being. Nothing human can be alien to me.' The statement is so complex, so simple," she says, quoting the Roman playwright Terence."Homo sum: humani nil a me alienum puto.' I have been internalizing that all my life. So if **>Kobe<** Abe of Japan thinks a great thought, if Federico Garcia Lorca, or Carlos Santana writes a great line of music or a great poem, Balzac and Wole Soyinka ... ALL of it is mine. And I take it all!" Angelou was born Marguerite Johnson in St. Louis, Missouri, on April 4, 1928. She was raised in Stamps, Arkansas, and San Francisco, moving back and forth between her parents and her grandmother. She was smart and fresh to the point of danger, packed off by her family to California after sassing a white store clerk in Arkansas. Other times, she didn't speak at all: at age 7, she was raped by her mother's boyfriend and didn't speak for years. She learned by reading, and listening. "I loved the poetry that was sung in the black church: 'Go down Moses, way down in Egypt's land,'" she says. "It just seemed to me the most wonderful way of talking. And 'Deep River.' Ooh! Even now it can catch me. And then I started reading, really reading, at about seven and a half, because a woman in my town took me to the library, a black school library. ... And I read every book, even if I didn't understand it." At age 9, she was writing poetry. By 17, she was a single mother. In her early 20s, she danced at a strip joint, ran a brothel, was married, then divorced. By her mid-20s, she was performing at the Purple Onion in San Francisco, where she shared billing with another future star, Phyllis Diller. "I had never met anybody in the world like her," says Diller, still a close friend. "She was brilliant, talented, tall, and she had this great talent for dancing and singing. She had this very special, resonant voice. It had a certain quality. With Sinatra, he would sing one note and you knew who it was. It's a recognizable sound, and she had that, too." Renamed Maya Angelou for the stage, she toured in the Gershwins' "Porgy and Bess" and Jean Genet's "The Blacks," danced with Alvin Ailey, worked as a coordinator for the Southern Christian Leadership Council and lived for years in Egypt and Ghana, where she befriended Malcolm X and remained close to him until his assassination, in 1965. Three years later, she was helping King organize the Poor People's March in Memphis, Tennessee, where the civil rights leader was slain on Angelou's 40th birthday. "Every year, on that day, Coretta and I would send each other flowers," Angelou said of King's widow, Coretta Scott King, who died in 2006. Little known outside the theatrical world in her 20s and 30s, she became a best-selling author in her early 40s. Angelou's "I Know Why the Caged Bird Sings," published in 1970, has sold millions of copies and become a standard, if controversial, coming-of-age story, taught throughout the country. The book might not have happened if James Baldwin hadn't persuaded Angelou, still grieving over King's death, to attend a party at Jules Feiffer's house."There were a number of writers at the party, good talkers," recalls Bob Loomis, her longtime editor at Random House and the man who helped push her to write the book."Judy Feiffer, Jules' wife, called me and said she had met the most remarkable woman and that she had told wonderful stories and more than held her own with people known to be raconteurs and entertainers. And she said, 'You ought to get her to write a book.'" Alice Walker, the Pulitzer Prize-winning novelist, says she found Angelou's book "incredibly powerful and marvelous in its capacity to move people to share her experiences." Walker's daughter, memoirist Rebecca Walker, remembered reading Angelou in seventh grade and said "Caged Bird" helped her find her voice and make her "own way in the world, come what may."

Angelou's memoir also has been attacked, for seemingly opposite reasons. In a 1999 essay in Harper's, author Francine Prose criticized "Caged Bird" as "manipulative" melodrama. Meanwhile, Angelou's passages about her rape and teen pregnancy have made it a perennial on the American Library Association's list of works that draw complaints from parents and educators. "'I thought that it was a mild book. There's no profanity," Angelou says. "It speaks about surviving, and it really doesn't make ogres of many people. I was shocked to find there were people who really wanted it banned, and I still believe people who are against the book have never read the book." She has written five other memoirs and mastered several languages. She has published several volumes of poems, advice books and children's stories. She has written music, plays and screenplays, received an Emmy nomination for her acting in "Roots," and still has a passion for dance, the art she considers closest to poetry."The only things I ever really loved were writing and dancing, and at 800 I will still be dancing. I'll still think in terms of the long leg and extension, releves, and still love it," she says.

"The line of the dancer. If you watch Baryshnikov, and you see that line, that's what the poet tries for. The poet tries for the line, the balance." She has evolved from outcast to bohemian to celebrity to institution. In 1993, the poem she read at former President Clinton's first inauguration, "On the Pulse of the Morning," was a million-selling sensation. She is a mentor to Winfrey, who will throw a party for her 80th birthday. Since 2002, she has been composing verse for Hallmark, calling it _ however commercial _ part of her mission as "the people's poet." "My intent is to see a person read 30 pages of the book of mine, or five poems, before he knows he's reading. I like him to just get in there," she says. "So in order to do that, I have to take these things, words. ... Everybody in the world uses them, from morning until night. Words. You have to take some nouns and pronouns and adjectives and adverbs, ball them together and throw them against the wall and let them bounce.

Lakewood Playhouse goes Caribbean with the musical ONCE ON THIS ISLAND

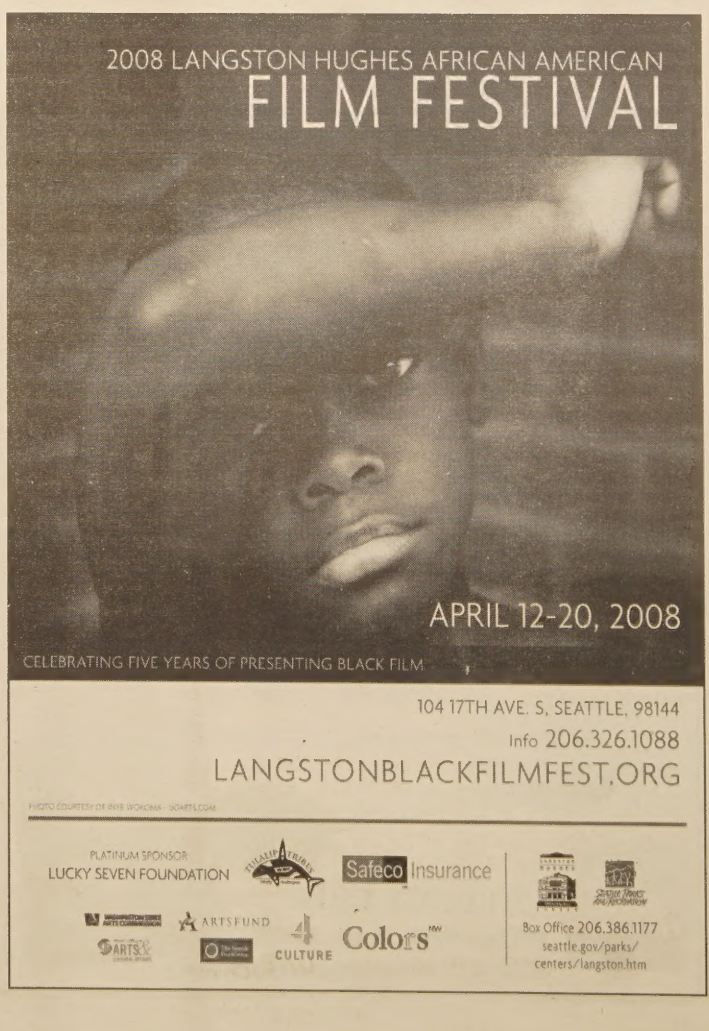
Ashley Jackson - orphan girl Ti Moune.

Photos by Dean Lapin

Lakewood, WA, By the same award winning composing team that wrote SEUSSICAL The Lakewood Playhouse 69th season continues with a wild and colorful production of ONCE ON THIS ISLAND, a poignant musical of ill-fated love set against the cultural milieu of the West Indies, by Lynn Ahrens and Stephen Flaherty. Director Julie Halpin brings this tale- adapted from Rosa Guy's popular novel My Love, My Love- to vibrant life at the Lakewood Playhouse.

The timeless story of star-crossed lovers gets a shot of Carribean rhythm and heat in this bittersweet musical romance. Set against a backdrop of class differences in the French Antilles, ONCE ON THIS ISLAND uses soaring melodies and sultry dances to tell the story of Ti Moune, an orphan living among the island's poor peasants and praying for a future that seems impossible. But when divine intervention puts Ti Moune face to face with her true love, a young aristocrat, she begins a journey to find herself and reclaim her heart.

An outstanding multi-ethnic cast includes Ashley Jackson, Adrian Robinson, Tena DuBerry, Jamelia Payne, Eddie James, Jeff Brown, Roxanne Jackson, Angelo Mills, Marisa Kellcy, Alex Domine, Jack House, Aya Hashiguchi, Kat Christensen, Celina Cordova, Jade Cooper and Ellyssa Payant

ONCE ON THIS ISLAND plays Fridays and Saturdays at 8 p.m. and Sundays at 2 p.m. through April 27. There will be one Pay-What-You can performance on Thursday, April 3 also at 8 p.m Lakewood Playhouse is located at 5729 Lakewood Towne Center Blvd SW, Lakewood, WA 98499 — next to the Pierce Transit Center in the Lakewood Towne Center. For tickets or more information, contact the Lakewood Playhouse box office at 253-588-0042 or visit www.lakewoodplayhouse.org.

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